

Love



Your Body!

Our bodies come in all shapes and sizes—large and small, tall and short.

Very few of us look like models, film stars or super-fit athletes.

Everyone has a body. Our bodies make us what we are.

It doesn't matter what shape you are, how much you weigh or how fit you are, you only have one body and it's time to learn to

#loveyourbody

Body confidence issues have become a serious problem in the UK, especially among young people. They lead to health problems (mental and physical) including eating disorders, reduced social participation, unsafe sex and substance abuse.

One contributing factor is acquired attitudes — media-driven, idealised images of the perfect body, and the idea that we should be ashamed of our bodies.

The *#loveyourbody* hashtag aims to combat this by encouraging everyone, of whatever age or gender, to look at their bodies without clothes, enjoy them and be proud of them.

Love Your Body! Get Naked! (Yes, really!)

It'll help you feel more comfortable and confident in your skin.

Step 1: Look at yourself in the mirror with no clothes on. Give yourself time to really look. It doesn't matter if you're putting on weight, or worried about the shape of some of your dangly bits—this is the real you, and you are beautiful.

Step 2: After your bath or shower, try leaving your clothes off for an hour or two. See how it feels.

Step 3: When you feel comfortable doing so, stay undressed for a longer period. Perhaps even a whole day. Get used to being naked whenever you're alone.

Step 4: When the weather is warm enough, step outside with no clothes on. Feel the sun on your body and the breeze on your skin. It's perfectly legal in the UK to be naked outside, provided you don't intend to cause alarm or distress. But you might prefer to try it somewhere private to begin with.

Step 5: Talk about your experience to a close friend or relative — someone you can trust to have a serious conversation about body confidence.

Step 6: If you feel confident to do so, try going to a public place where clothes are optional. Find your nearest naturist beach. If you go abroad on holiday, try the naturist beach (there are lots in France, Spain and Greece). Go skinny-dipping with friends or family - everyone who tries it loves it!

**The most important thing
to wear is confidence!**

#loveyourbody

Did you know that national organisations exist to promote naturism, and they organise events and activities where you can swim and socialise without clothes? In the UK many of these are organised by British Naturism - www.bn.org.uk.

Cap'n Barefoot's Naturist Guide
www.barefoot.info

